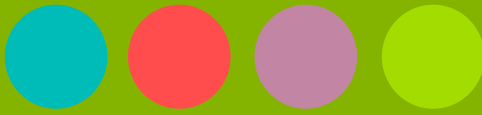


Employee Wellness News



March 2016 Issue



No Health Without Mental Health



The World Health Organization states that there is “no health without mental health.” Globally, nationally, and right here in New Mexico, mental disorders such as depression, schizophrenia, and bipolar disorder make up a substantial burden of disease.

Mental health has an extensive influence on physical health. Mental disorders are associated with important chronic diseases such as diabetes, heart disease, and cancer. The long-lasting effects, psychosocial impact and economic costs are a burden not just to those living with mental disorders, but also for families, schools, workplaces, and communities.

Mental illness increases the risk for suicide and suicide attempts. Approximately 90% of suicide victims had a diagnosable mental health condition, most commonly a mood or substance use disorder. Suicide is a serious public health concern in New Mexico.

- In 2014, suicide was the 8th leading cause of death for all ages in New Mexico, and was the second leading cause of death for ages 15-44 years.
- In 2014, 450 New Mexicans died by suicide (21.1 deaths per 100,000 residents).
- New Mexico has the 5th highest suicide rate in the United States.
 - ◊ The New Mexico suicide rate is more than 50% higher than the United States rate.
 - ◊ Suicide rates have been increasing in New Mexico and the United States since 2000.

mental disorders. Major depression is usually associated with co-morbid mental disorders, such as anxiety and substance use disorders, and impairment of a person's ability to function in work, home, relationship, and social roles. Depression is also a risk factor for suicide and attempted suicide.

- In 2011, 10.3% of NM residents 18 years or older screened positive for current depression.

Mental disorders are also highly associated with substance abuse. Compared to people without mental health conditions, those with mental disorders are 30 times more likely to develop illicit drug dependence 3 times more likely to develop alcohol dependence 2.3 times more likely to develop nicotine dependence.

Mental health is a special concern for youth and young adults because most mental, emotional, and behavioral disorders have their roots early in life. Mental health affects a young person's ability to form healthy personal relationships, succeed in school, and transition into the workforce. Among New Mexico youth in 2013:

- 10.7% of youth 12-17 years of age and 9.4% of young adults 18-25 years of age had a major depressive disorder in the past year.
- In 2013, 4.4% of young adults had a serious mental illness in the past year.
- 15.6% of high school students seriously considered suicide in the past year.
- 20.2% of high school students intentionally hurt themselves (without wanting to die) in the past year.

Depression is one of the most prevalent and treatable



- Suicidal ideation and suicide attempts among high school students in New Mexico have been decreasing in prevalence since 2003.
- In 2013, there were 671 hospitalizations for mood disorders and 202 hospitalizations for schizophrenic disorders among youth 16-24 years of age.
- In 2014, there were 986 emergency department visits for intentional self-injury among youth 16-24 years of age.

What is being done in New Mexico to promote mental health?

- The Department of Health conducts ongoing surveillance for indicators of mental health among students and adults in every county of New Mexico.
- Implementation of suicide prevention strategies statewide is a significant focus of the Department of Health's Office of School and Adolescent Health. Youth suicide prevention and intervention activities were initially funded by the New Mexico Legislature in June 2005.
- The Human Services Department recently modernized the New Mexico Medicaid system by integrating physical and behavioral health services in the Centennial Care program, which will help treat an individual in a more holistic manner.
- The Human Services Department currently has a grant (awarded in 2014) from the Substance Abuse and Mental Health Services Administration (SAMHSA) to promote suicide prevention among Medicaid-eligible individuals ages 25-64.

Mental illness and suicide are preventable!

The evidence-based practices to reduce mental disorders in the general population are:

- Mental health benefits with financial coverage and access to services, and
- Multicomponent, healthcare system-level intervention that screens for depression and links primary care providers to mental health specialists.



Screening for mental disorders could prevent suicide. Unfortunately, appropriate screening is not consistently implemented at healthcare visits.

Approximately half of suicide victims make a healthcare visit (specialty care, primary care, or emergency department) within 4 weeks of death, but only 24% are diagnosed with a mental disorder.

Stigma

Unfortunately, mental health disorders carry stigma and shame for many, but they don't have to! Would you judge someone for getting treatment for heart disease or cancer? Probably not. Although the visible symptoms are behavioral, mental health disorders are physical illnesses of the brain, and should be free of stigma and judgment just like any other organ in the body. Yet, stigma can prevent people from getting much-needed mental health treatment. If you or someone you know needs treatment for a mental health disorder, be supportive and matter-of-fact about the need to treat a physical illness.

Help is available!

If you or someone you know have been experiencing symptoms like loss of sleep, feeling tired for no reason, feeling low, feeling anxious, or hearing voices, you are not alone! Make sure to get help by following one of the steps below.

- Call the New Mexico Crisis and Access Line at 1-855-NMCRISIS (662-7474) if you or someone you know needs to speak to a counselor immediately.
- Speak with your primary care provider about the symptoms you are experiencing.
- NMDOH employees have access to an Employee Assistance Program (EAP) including free phone support for emotional issues such as grief, depression, and family problems. Call 1-866-327-2400 to speak with someone.

Self Care Tools

Below are a couple of self care tools to help you alleviate stress in your personal and professional live.

Action Planning for Self Care

Adapted from Whole Person Associates

www.wholeperson.com

Places, Activities, Persons, Conditions that:	In Your Personal Life	In Your Professional Life
Excite or Interest You		
Bring You Joy		
Encourage or Nurture You		
Energize You		
Calm and Balance You		
Offer Meaning and Purpose		
Trigger Your Laughter		
Create Personal Connection		
Call Forth the Best in You		

Resolve Stress with Four Simple Questions

Adapted from Byron Katie, founder of The Work <http://thework.com/en>

When you have negative thoughts or feelings, you can turn your thoughts around by asking yourself these simple questions:

1. Is it true?
2. Can you absolutely know that it's true?
3. How do you react when you believe that thought?
4. Who would you be without the thought?

Calming Food Recipes

Whole-Grain Raspberry Jam Bars

Perfect for an on-the-go breakfast or snack, these tasty bars are low in the calorie department, but full of a range of B vitamins and healthy fats from flax seeds, walnuts and wheat germ. Both sweet and tart, these bars could easily pass as a healthy dessert. too.

Food As Medicine

In this day and age, we are prone to feeling continuous stress. We worry about our jobs and children; we stress over finances and relationships. B vitamins can help with stress by working with brain chemistry and balancing neurotransmitters, thus aiding us in achieving balance over stress. Whole-wheat flour is a good source of B1, B3 and B6; wheat germ provides B1, B6 and B9; walnuts are a good source of B6; and flaxseeds deliver plenty of B1 as well.



Serves 24

Ingredients

Cooking oil spray
2 cups whole-wheat flour
1/2 cup wheat germ
1/2 cup granulated sugar
1/2 teaspoon salt
2 sticks butter, cut into 16 pieces and softened
1/2 cup old-fashioned rolled oats
1/2 cup walnut pieces
1/4 cup light brown sugar
2 tablespoons ground flax seeds
3/4 cup sugar-free raspberry jam
3/4 cup fresh raspberries
1 tablespoon lemon juice

Instructions

1. Preheat oven to 375° F. Line a 13 x 9-inch pan with foil by spreading two sheets of foil perpendicular to each other over the pan, with extra foil hanging over the edges. Grease the foil with cooking spray.
2. Whisk the flour, wheat germ, granulated sugar and salt in a large bowl. Beat in 14 tablespoons of butter with an electric mixer on low until the mixture looks like wet sand, about 1½ minutes. Reserve 1¼ cups of the mixture for the topping and put the rest into the pan. Use the bottom of a measuring cup to press it into an even layer. Bake the crust until the edges begin to brown, about 14-18 minutes.
3. Mix the reserved flour mixture with the oats, nuts, brown sugar and flax seeds. Add the remaining butter and pinch the mixture with your fingers into small clumps.
4. In a separate bowl, lightly smash the raspberries, jam and lemon juice together.
5. Spread the berry mixture over the hot crust and sprinkle the crumb streusel on top. Bake until golden brown, about 22-25 minutes.
6. Let the bars cool completely in the pan. Remove bars from pan by lifting up the foil edges. Cut into 24 squares.

Roasted Asparagus with Lemon and Parmesan

The perfect side dish to enjoy after a hectic day!

Food As Medicine

Asparagus is a very good source of fiber, folate, vitamins A, C, E and K, as well as chromium, a trace mineral that enhances the ability of insulin to transport glucose from the bloodstream into cells. Its shoots are also rich in B-complex group of vitamins such as thiamin, riboflavin, niacin, vitamin B-6 (pyridoxine), and pantothenic acid.



Serves 4

Ingredients

About 2 pounds trimmed asparagus
2 teaspoons extra virgin olive oil
½ tsp sea salt
¼ tsp black pepper
1 tsp fresh lemon juice
1 tsp grated lemon zest
2 tablespoons freshly shaved parmesan

Instructions

1. Preheat oven to 400 and line a rimmed baking sheet with parchment paper.
2. Put the asparagus on the baking sheet in a single layer, drizzle with oil and sprinkle salt/pepper.
3. Toss gently to coat. Bake 8 minutes or until just barely tender.
4. Toss asparagus with lemon juice and lemon zest. Transfer to platter and sprinkle with parmesan

Mental Health Resources



When Life Feels Overwhelming ...

Call Your Employee Assistance Program
Available to all employees, family members and eligible dependents

WE CAN HELP!

- Marital Issues
- Conflict Resolution
- Family Conflict
- Depression
- Drug/Alcohol Abuse
- Relationships
- Job Performance
- Elder Care Issues
- Grief and Loss
- Anything you perceive to be a problem or concern

For **FREE Confidential Counseling Call:**
254-3555 or 1-866-254-3555
www.solutionsbiz.com

The Solutions Group
A Division of Presbyterian Healthcare Services

New Mexico Crisis and Access Line

www.nmcrisisline.com

New Mexico Social Services Resource Directory

www.nmresourcedirectory.org

State of New Mexico Employee Assistance Program

www.solutionsbiz.com

U.S. Department of Health & Human Services

www.mentalhealth.gov

Active Minds

www.activeminds.org

American Academy of Child & Adolescent Psychiatry

www.aacap.org

The Trevor Project

www.thetrevorproject.org

American Psychiatric Association

www.psychiatry.org

Mental Health America

www.mentalhealthamerica.net

Mental Health Book Resources

- *Five Good Minutes at Work: 100 Mindful Practices to Help You Relieve Stress and Bring Your Best to Work* by Jeffrey Brantley and Wendy Millstine
- *Fearless at Work: Timeless Teachings for Wakening Confidence, Resilience and Creativity in the Face of Life's Demands* by Michael Carroll
- *The Relaxation Response* by Herbert Benson
- *Acupressure for Emotional Healing: A Self Care Guide for Trauma, Stress and Common Emotional Imbalance* by Michael Reed Gach and Beth Ann Henning
- *The HeartMath Solution* by Doc Childre and Howard Martin
- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zinn
- *Daily Meditations for Calming Your Anxious Mind* by Jeffrey Brantley and Wendy Millstine

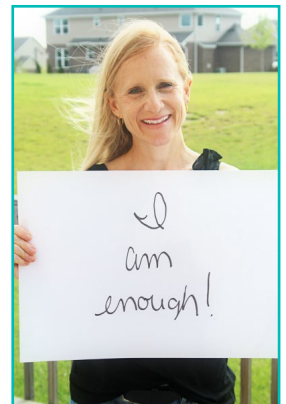
National Minority Health Month



Save the Date!

April is National Minority Health Month! The NMDOH Office of Health Equity (OHE) will host a variety of events to raise awareness of the health disparities that continue to impact racial and ethnic minorities in our communities.

The theme for 2016 is “Accelerating Health Equity for the Nation.” In addition to our planned events, the OHE will be collecting photos as part of a storytelling series on Health Equity. If you would like to participate please send us your photo (similar to the example on the right) and answer one of the following questions:



1. What does health equity mean to you?
2. What can DOH do to help alleviate barriers to health care?
3. What does DOH do to help alleviate barriers to health care?

Please send your photo to OPA.ForYou@state.nm.us so that it may be shared in the April Employee Wellness Newsletter and in the NMDOH storytelling series slideshow.

NMDOH Employee Wellness Committee 2016 Members

Aimee Bennett	Sharon Colby	Mike Demchok	Cynthia Dubois	Deborah Gentry
Kevin Griego	Barbara Howe	Peggy Humble	Edward Irobi	Donna Ketcheson
Ana MacDonald	John Martinez	Christina Morris	Christina Perea	Angela Soliz
Louie Trujillo	Desiree Valdez	Kenny Vigil	Melissa Walker	Rachel Wexler